

Did you know?

Lead poisoning is caused by swallowing or breathing in lead dust or fumes that can be found in:



- Paint and varnish in homes built before 1978
- Some items such as clay pots, spices, toys, makeup, jewelry, and ammo
- Some soil and tap water
- Items brought home from a workplace where lead is present

Children with lead poisoning can experience short and long-term health problems such as:

- Delays in development
- Difficulty learning
- Irritability
- Weight loss
- Hearing loss
- Seizures
- Loss of appetite



Resources

Lead Testing for Homeowners



Wisconsin Occupational Health Laboratory
Provides the public with lead testing for paint, soil, and dust. Please visit the website to see cost of testing and how to send samples in.



Water Testing

Wisconsin Occupational Health Laboratory
If you are looking to test your drinking water for lead, visit here to order a sampling kit.

Lead-Safe Wisconsin



Wisconsin Department of Health Services
Learn more about lead and what Wisconsin is doing to eliminate exposure.



Childhood Lead Poisoning Prevention

Centers for Disease Control & Prevention
Learn more about reducing childhood lead poisoning through blood lead testing, reporting, and surveillance,



● CHILDHOOD ● LEAD ● PREVENTION ● PROGRAM



WASHINGTON OZAUKEE
PUBLIC HEALTH DEPARTMENT

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The good news:

Lead poisoning is
100% preventable!

Get Your Child Tested

Your Child's Pediatrician's office or WIC should test for lead exposure at:

1 year of age
AND
2 years of age
OR
1 time between
2-6 years old

Protecting Your Child



Play safely

- Keep children away from chipping paint or varnish
- Wash hands frequently, especially before meals, naps, and bedtime
- Dispose of recalled toys (recalls posted at: www.cpsc.gov)
- Wash toys and pacifiers regularly



Renovate safely

- Use contractors certified by the Environmental Protection Agency (more info at: www.epa.gov/lead)



Live safely

- If you have lead in your water, use bottled water or purchase a water filter that removes lead.
- If someone in the house works with lead, they should change clothing and shoes before coming inside, leave work gear outside, shower once getting home, and wash work clothes separate from other laundry.

Cleaning Tips

Cleaning regularly can help lower the amount of lead in your home.

- Use a vacuum with a HEPA filter on carpeted areas.
- Use a disposable rag or mop to clean flooring, walls, furniture, window sills, and other surfaces to remove dust.
- If you don't have disposable rags, wash them separate from other laundry and run washer through an empty cycle prior to doing other laundry.

Eating Right

If a child is exposed to lead, eating a balanced diet rich in calcium, iron, and vitamin C can help their body absorb less lead and eliminate lead already in the body.

- Foods high in calcium:
 - Dairy such as milk, cheese, and yogurt
- Foods high in iron:
 - Leafy green vegetables, raisins, beans, iron rich cereals, red meat, and nuts
- Foods high in vitamin C:
 - Oranges, bell peppers, broccoli, kiwi, cantaloupe, strawberries, and tomatoes

*Avoid foods high in fat, as they can cause lead to stay in the body longer.